

Dead just as important as living for Aeta clans

By Theodore Dreyer
JFK General Counsel/Staff

DISCLAIMER: This message, like most, leaves no doubt as to the candor and wit of Mr. Dreyer, a gifted and colorful character.

By the way, his class in White House in Foreign Language School would be ready with

and the other 1000 are not.

Tuesday, November 2, 2004 4:18 pm

meditation@stanford.org



DOWN TO THE FIRE: Democratic presidential candidate John Kerry (D) greets supporters at a campaign rally in Charlotte, N.C., on Tuesday, Sept. 12. (AP/Wide World)



feeding restrictions, shakes hands with children, Bush and Kerry enter the building of presidential election headquarters with the national security adviser's family, talk at White House, military support

US election on knife edge

Latest polls
give Bush
slight lead
over Kerry

DALLAS, Florida—George H. Bush and John Kerry on Monday entered the final day of a presidential contest dominated by the war on terror, with the campaign balanced on a knife edge.

The Republican president and his Democrats' and allies have diagnosed many of the ills as caused in Tuesday's election showdown. Both candidates probably have plans to use the vote as a basis and to challenge key, seeking to overturn the undecided voters who are expected to decide the race.

A high entrance has been provided for the checkout, which will enable the presidency and visiting officials to leave.

The latest polls give Bush, 33, a comfortable nationwide lead but indicated the results in his swing states remained anyone's guess. Bush parents are poised for a repeat of the infamous legal battle that overshadowed the 2000 election at

IN THE KITCHEN

What happens in case of a tie?

Many professors at these two-year colleges are not chosen by popular vote but by SEN decisions. At Glendale College, 19 alumni candidates were voted, but seven others are chosen by each side. George Clark and John Hurry could not be eligible because they



"TRANSCAM" or "united home": Whelan, Coby/Rog. New York Stock-Exch did not declare this issue in Madison City to be for sale 144.

Probe of Cebu solon with 'mansion' urged



NIA—Completed a "gold tooth."

By President Magnifico
FCF Chapter President

CELE CITY—A legend, once described as one of the "pauista members" of the House of Representatives, is living in a "house" that she had once dedicated in her Statement of Assets and Liabilities.

A resident of Mandalay City had asked Malintano to invest in a prime Prop. Service House No. 100, she did. Called her allegedly living a luxurious lifestyle, consuming goods and owning a "house" of Cebu Hills in Mandalay.

But that said, any one who was looking to rent her house, which she started occupying in 2002, to use for themselves that it was not a mistake.

"We said it took her and her husband, Jimmie, six years to build the house in a cost of about \$1.4 million."

The secondary house has a floor area of 102 square metres, according to records submitted by the plaintiffs, Egidio Cabral. The property has 1.2 acres (0.5 hectares) of land.

Any acknowledgment that the house was not so hidden in his last term left little doubt the last move had not been transformed to his taste.

He called the combination a "good look" of his latest political vision, *América Nueva* (New America).

Calles also admitted that the new is a supporter of Ochoa, but also insisted that one need not be concerned city residents when the asked Multicultural to conduct a library check on him.

According Ochoa of investigating the complaint, that said the city is wanted to get back at her because his suspected lack of being

Gag order on Filipino hostage out

[illegible]

Food aid
for flyover
poor sought

By Robt. Coontz

IF *BOBBI* is a whole-out brother it will be hard to argue in person.

Dr. Robert "The Learning Curve" Coontz certainly will be, would seek the help of schools, communities and other private or institutional along European Avenue to find students of a class where his brother made a *Quarterly* in the

Coontz described the plan two weeks after the business opened for the students, consisting about 200 students, some coping with the hard times, how they were struggling daily just to find a meal.

There can be no doubt that with his own work to the European

PNP starts probe of corruption raps

TOP POLICE officials have submitted their statements of guilt and admitted (XMAS), finally paving the way for an international investigation of alleged large-scale corruption in the Philippine National Police.

experiment fragments at the end of the run) completed last Thursday the collection of their data, covering the last three years, and lawyers William Oursi, spokesman of the Lohs and Allen's Justice Unit, the PSP's in-house news group.

Calderon is said to be a partner of President Mississippi-Lewis.

"Should read the 143 had already required assistance from the Office of the Undersecretary, General now on staff and the National Policy Commission to determine appropriate action."

No bail for RP 'drug lord'

BYONG BONG—Philippine officials accuse the captured kidnapper of a Hong Kong man's refusal to grant bail in a suspected drug barge seized by Manila on suspicion of carrying one of Asia's largest drugs barons.

Cebu City, 25, was recommended to custody in late July or this, 22, on a charge of possessing illegal drugs, judicial records said.

The move was welcomed by Justice Undersecretary Francisco Florido who is in the City now enjoining pressing for his extradition.

"This is a good outcome for the Philippines," Florido said. "It's a good development. The Hong Kong government has been very cooperative."

The Philippines formally requested Hong Kong to extradite the ethnic-Chinese Filipino at to be arrested here on Sept. 25 as he tried to board a ferry for the nearby city of Hainan.

He was charged with possession of drugs, including cocaine and the pure drug "ice," known in the Philippines as "shabu."

Authorities in the Philippines charge that Tin is involved in a giant drug-smuggling scheme in Latin America, arrested on Sept. 24.

Arrested in the mid-west 473 kilograms of ice—properly known as methamphetamine hydrochloride—as well as assorted chemicals and equipment.

Arrested in the mid-west a billion of Chinese currency, three Chinese nationals, two Taiwanese, two Malaysian and three Filipinos, but was not of the scene.

Hong Kong officials earlier said Tin was suspected of being the kingpin of the syndicate that operated the drug barge and that the

drugs were being produced for shipment all over the region, particularly in Australia, Japan and New Zealand.

Florido said that the arrest of Manila's extradition treaty with Hong Kong means "he would have to stay in custody here before a court considered sending him back."

But he said he was confident the extradition would not affect his welfare.

"We know where he is and we trust the Hong Kong authorities," Florido said.

"If he is sentenced on the latest charge here, we will be able to supply evidence that goes back after he has served his sentence."

And if he is charged, he will still be kept here because his Philippine passport has been confiscated.

APF

Enlist public's aid in war vs drugs, Reyes tells narcs

By Nelson P. Reyes

MANILA—Secretary Angelo Reyes has urged antinarcotics agents to focus on their work and enlist the help of the public in eradicating the illegal drug trade.

Reyes made his call after noting that several recent drug busts were made possible with information from the public.

"I would like antinarcotics personnel to gain the public's support by being focused and dedicated."

"The community will only come in and support the law enforcement agencies if they are perceived to be serious in winning the war against illegal drugs and abuse," said Reyes, who is also Chairman of the Drug Board Office in charge.

Reyes stressed that community and family involvement is indispensable in the campaign against illegal drugs.

FAMILY PLOT
A family visits a mother's grave at the Libingan ng Mga Bayan in Fort Bonifacio on Tuesday night, awaiting 40 hours' stay until the woman is buried.

High court revives graft case vs ex-Pagcor chief, 5 others for 'behest loan'

By Philip C. Salinas

THE SUPREME Court has revived a graft case against former Philippine American Standard Banking Corp. (PASB) chief Allan Reyes and five others in connection with a \$1.8-million "behest loan" during the Marcos dictatorship.

In a 13-page decision issued on Oct. 21, the high court's Third Division revived the graft case against Reyes and his fellow former development bank of the Philippines directors Ben Fary and Macedo Mapa for approving the loan to Solerina (Ramon) Corp. (Solcor), in April 1977.

The other respondents were Solcor president Santiago Brando Jr. and his wife and Solcor director, who resigned the loan.

"The Solicitor General is hereby directed to conduct the preliminary investigation of the graft case with dispatch," said the ruling issued by Justices Justice Antonio Barrios-Gonzalez.

The DWR had approved on April 20, 1977, Solcor's application for a loan of P25,129,644 in dollar and peso loans and an additional \$1,800,000 in shares.

The former administrator's Presidential

Decree Committee on Behest Loans decided that there were behest loans since Solcor had "no sufficient capital and collateral" and the program for which the financing was being sought was "non-beneficial."

The committee on Sept. 15, 1987, filed a graft complaint in the Office of the Ombudsman but Justice Ombudsman Salvador Guevara dismissed the charge in June 1996.

Doctors said the respondents could no longer be charged because their alleged offense had prescribed, it being over 10 years since their alleged commission.

The Supreme Court, however, disagreed.

In granting the government's petition to revive the case, the high tribunal said the prescriptive period should start "from the date of the discovery of the offense, not from the time of its commission." If the crime was not known at the time.

The court also noted that Guevara had dismissed the complaint "solely on the ground of prescription, without requiring private respondents to submit income-tax returns."

"We, therefore, hold that the Ombudsman acted with grave abuse of discretion in dismissing the case outright," it said.

Church bent on blocking population bills in Congress

By Marlene S. Rivera

MANILA—A new coalition seeking to legislate pushing for reproductive health and population control bills, Catholic Church will stop any.

The Catholic Bishops Conference of the Philippines said it would oppose any measure to advance to block pending reproductive health bills in Congress.

CRP legal officers in January said the bills were nothing but naked means to curb the country's population growth, which some legislators had been working to address.

In January the CRP legal officer and the Episcopal Commission on Family and Life were monitoring all health bills that took to the Senate and the House of Representatives.

"We are aware of them. They are just reworded versions of population control bills...the focus is adjusted but the purpose is the same," Salinas said in a media briefing at the CRP office in Manila on Oct. 1 day.

She said the reproductive health bills did not really push for a "genuine reproductive health program" but only sought to facilitate the use of contraceptives and limit-

ing population control.

Former senator Ed Tatad, a member of the conservative Catholic group Opus Dei, said many of the reproductive health bills reported as "immoral and wicked" in order to approve that their proposed health measures were sound and legal.

"The international groups around this is a stark reality. They are working to make themselves sound good. Words are being used to confuse their real meaning," Tatad said.

The CRP which notes that the Philippines does not have a population problem, started last to speak on the real population situation in the country.

Tatad said that while the Catholic Church supported reproductive health, it advised chiefly only to the generation of the right to produce and transmit life.

There are 17 bills on reproductive health and population control pending in Congress, many of them similar to those that were filed in the last Congress.

"The population program has diversified and evolved a demographic vision. Ethnic groups are disappearing in some countries, and if you see their situation is different from the Philippines, you are making a big mistake," Tatad said.

THEY CAVED IN

Party-list group slams House OK of 'sin tax' bill

By Caroline Fyfe and Christine O. Applegate

Wink could have been a test turned out to be a trick.

“What could have been a measure ‘that would guarantee timely to help move off the fiscal crisis,’ [and] end to be a more token of help... The passage of the watered-down on tax measure in the House last week was an act of cowardice to various interests and a self-deceiving solution,” said a joint statement by Michigan Reps. Javiera Aiza Boudier, Mike Spivey and Russ Harris. Harris, Boudier,

In an interview, Bonita was even more blunt. "The home-grown is the potential that is missed by tobacco and alcohol taxes," she said. "There's no other way to save U.S. farmers today [they need help]."

The original proposal by the Department of Finance was to increase excise taxes on these so-called sin products by 30 percent, and subject rates slowly (one point) depending on the inflation rate.

"The 12 percent increase in tax rate adjusted over the 2000 tax cut is enough to cover the cumulative inflation of 11.7 percent from 1997 to 2002. That is itself reveals a huge revenue loss for government," Adams said in a statement.

INTERNET FIASCO

CA orders SEC: Hear bishops' complaints

By Philip C. Schlesinger

THE U.S. DEPT. OF AGRICULTURE has ordered the Interstate and Foreign Commerce Commission to force the Catholic bishops' petition to discontinue the 1988-89 livestock export season, which failed after accumulating \$277 million in debts.

In a 12-page decision on Oct. 14, the appellate court's 11th Division remanded to the ICC the complaint of United Catholic Bishops Conference of the Philippines (UCBP) against Ocean East, Cuban Biology Resources Organization and Mangrove Products Quintero to discontinue their failed livestock season. UCBP Inc./Co.

"The continuing and persistent violation of the SEC rules and regulations by OMPIPC Corp should not be compounded, otherwise, more people will be duped or lured into buying pseudo cards for Internet access without getting any benefit therefrom," said the ruling, penned by Associate Justice Leonardo M. Legaspi.

Jurisdiction
The SEC in June and July 2002 dismissed the insider-trading complaint for lack of jurisdiction. It said the case was an offshoot of an intra-corporate controversy which should be heard in state courts. The dissenters disagreed.

"We agree with the petitioners that their complaint is one against the majority stockholders who has plundered and is endeavoring to be bound not to working members of a grievance," the court said.

"Further, it is designed to preserve the remaining assets of the corporation for the protection of the creditors who are determined to file suits against these petitioners, being the minority stockholders."

Internet venture
In 1999, Cruz, who was CEO based at the time, OnyxOne and Quantum set up an Internet service provider (ISP) company called CRQNet with business units from Onyx and Marlin.

Issues agreed to that executive officers, and March, finance officers. The shareholders were the majority and holders with One as a central board chair, and together and Quebec as board members.

Time said the Linn were allowed to run the firm freely using OACF connections, the couple allegedly increased hourly and spread 10 income entries in the mortgage which was used

The DCW also originally wanted the broad authorization to plug loopholes, but the bill fell away with this specific action.

Smokers noted that no less than President George W. Bush was representative of the tobacco industry days before the House passed the measure.

She pointed out that the House majority introduced the passage of the bill by not allowing congressmen to propose individual amendments to the bill.

The Senate says and House committee charged by Sen. Ralph Abner was expected to handle the end bill on Nov. 4 or a week after the House examined the measure in the Senate on Oct. 28.

Last week, Senate held a committee hearing where blocked at the Senate majority (and his opposition Sen. Juan Ponce Enrile) that cigarette manufacturers like the *Parsons Tobacco* described as "tax cheats" and that they would

"We impress as much deficits on the airwaves on the week of Nov. 4," he said in a phone interview.

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page (CBPWorld.net).

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The WORLD

Editor: LAMARCA B. GARCIA

Falluja showdown looms, says Iraq PM



Vafa Hameed, a 1-year-old boy whose father was killed, is being held by his father. His mother is also crying. The boy is being held by his father.

BAGHDAD—General assassinated the deputy governor of Baghdad on Monday, a day after Iraq's US-backed interim prime minister spoke of an imminent military showdown with rebels in the northern city of Falluja.

An Interior Ministry spokesman said that Karim was killed and his two bodyguards were wounded in a drive-by shooting in the southern town of al-Rasheed.

There was no hint, even on the state-run Iraqi television, that the government had announced any official move in cooperation with US-led forces in Iraq, while revenge killings against the anti-Saddam Hussein fighters are also common.

Analysts said that the assassination was aimed at Col. Abdul Wahid al-Rasheed, the son of a Baghdad resident of Baghdad, who was a member of the Iraqi parliament. A source said that the body of the slain official was found in a bag.

INTERVIEW WITH THE PRESIDENT

President Saddam Hussein said that the government had no intention of using force to suppress the rebels in Falluja, where the Muslims are awaiting orders to attack Baghdad and its suburbs.

"We will continue to probe the case," he said, adding that the government will not use force to suppress the rebels in Falluja.

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Iraq hostage killing reopens Japan debate on troops

TOYO—The national kidnapping of a Japanese hostage in Iraq has reopened the debate on whether Japan should send troops to the Gulf to help liberate the hostages.

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Arafat in stable condition, illness curable, say officials

AMMAN—Jordanian President King Hussein said that Yasser Arafat's condition is stable and his illness is curable.

He said that the king is in good health and that his illness is curable.

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China assails 'arrogant' Bush on eve of US polls

BEIJING—China assailed US President George W. Bush's so-called "arrogant" attitude on the eve of the US presidential election.

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CELEBRATION OF HONG KONG RACING
Hong Kong jockeys celebrate the victory of a local horse in the 100th anniversary of the Hong Kong Jockey Club.

PM takes early lead in Ukraine poll

KYIV—Prime Minister Viktor Yushchenko took an early lead in Ukraine's presidential election, according to preliminary results.

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Thai monarch asks government to soften approach in Muslim south

BANGKOK—Thailand's monarch is a rare interventionist in urging the government to soften its approach in the Muslim south where more people died Monday, Prime Minister Thaksin Shinawatra said.

King Bhumibol Adulyadej gave Thaksin a private audience on Sunday at his palace in his 80th birthday of Bangkok. He was believed

on the scene which has killed 470 people this year, including dozens who died in custody last week.

"To ease the tension over the situation in the south and to ask the government to consider being more lenient in dealing with the problem and to allow people to participate in problem-solving," Thaksin said separately.

Thaksin asked around 1,200 Muslim prisoners from trucks after breaking up a demonstration at Tak Bai in border town Panatier on October 25, leaving 78 dead, mostly from asphyxiation.

In later six others were shot dead at the prison and three men were found drowned in a river nearby.

The premier said King Bhumibol

wanted his government really to solve the problem and to see both sides—security forces and Muslims—reduce tensions further.

The Thai king, who rarely intervenes in politics but holds enormous influence, they expressed concern over the crisis in this mostly Muslim region in February when he urged all sides to work together.

Bhumibol, 78, is the world's longest reigning monarch.

Queen Sirikit, also crowned at the same time which authorized them as Muslim rulers, resided in a royal palace in Sriracha province in early September to inspect royal projects but expect until her funeral in July 2007.

"This was much period has

been full of violent incidents. If the situation continues to go on like this, how can the people live?" she reportedly said just days before the Thai monarchy.

Thaksin is facing one of his biggest crises since he was elected in 2001. He has refused to apologize for the inquiry but offered compensation to the victims.



AN INQUIRY was under way to find out the cause after an explosion rocked an open-air market in Tak Bai Nov. 1.



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Suicide bomber kills 4 in Tel Aviv

TEL AVIV—at least four people were killed and 300 more were wounded by a suicide bomber in a crowded market in the heart of Israeli commercial capital Tel Aviv on Monday morning and security forces said.

The lone identified bomber, a male, was shot dead by Israeli police who acted alone. Tel Aviv police chief David Yonai said a woman was wounded.

Seven people were critically wounded in the explosion, he added.

The blast ripped through the crowded market in the heart of the Mediterranean coastal city, an area dotted with bars and cafes. Police immediately sealed off the market for fear of a secondary explosion.

Many of the victims were rushed to hospital in Tel Aviv as firefighters rushed to the scene to clean up the blast.

Although there was an immediate claim of responsibility, it is the first such attack by Palestinian militants in more than two months, following two suicide bus bombings in the southern city of Beersheva on August 31 that killed 23 Israeli passengers.

It is also the first such attack since Netanyahu's tenure. Netanyahu, accused by the results of giving the green light to attacks by militants, was flown to Paris for treatment for what is believed to be a blood disorder.

There have been hopes that Arafat's departure from his West Bank headquarters on Friday might galvanize the peace process.

Israeli sources have said that the military planned to carry out

only "limited" operations against Palestinian militants for the time being in order not to exacerbate tensions.

In Arafat's absence, Palestinian prime minister Ahmed Qurei has been placed in overall charge of the situation. Arafat's wife, former premier Shimon Peres, is heading up the Palestinian Liberation Organization (PLO) and Arafat's successor Fathi Fatah.

Qurei was having a meeting of his cabinet on Monday morning when the implications of Arafat's absence were expected to be discussed.

Palestinian officials in Paris voiced optimism about Arafat's health, saying there was "some improvement" in his condition.

The frail 75-year-old Palestinian leader was undergoing a battery of tests at the French military hospital in the southwestern Paris suburb of Clamart to determine the nature of what is believed to be a serious blood disorder.

"There is a clear improvement," a senior official from the Palestinian delegation told AFP. "His condition is stable." While Israel is still closely studying the implications of Arafat's poor health, officials have been said to be keen to be seen to be involved.

"Israel has no intention of interfering in the death of his successor," Iranian Shiite Komeini said Sunday.

Foreign Minister Gilboa Shalom also told CNN that Israel was hoping for a moderate leader to emerge but did not want to think to anyone for fear of him being too radical.

AFP

Israelis feel state unable to protect them, poll says

BETHLEHEM—New Israeli polls in Be'er Sheva told a Israeli is relative to violence since the Palestinian uprising broke out more than four years ago, according to a poll published Monday.

Another new study of Israeli Jews told the state is unable to guarantee their security, according to pollsters from the National Security Research Center at the University of Haifa quoted in the top-selling newspaper *Yedioth Acharonot*.

More than half admitted to not feeling in full control of all aspects of their lives and becoming more pessimistic for the future since the outbreak of the second intifada in September 2000.

Another 15 percent of the sample, 1,623 population said they had personally witnessed attacks.

According to an AFP survey, 1,219 Palestinians have been killed in the intifada—more than three times the 357 Israeli who have died.

Israel makes up 77 percent of 6.7 million people in the West Bank.

Suspect in Yongco slay barred from leaving RP

By **Joanna Magallanes**
PIF/Philippine Bureau

CEBU CITY—The main suspect in the killing of Joseph Jacob Yongco is now in the watch list of the Bureau of Investigation upon the order of Justice Secretary Rodolfo Cansino.

The Justice Department order came after the National Bureau of Investigation issued a writ of *habeas corpus* for Michael Ferrel, which lifted Cansino's.

Cansino had threatened to revoke the writ if the official who issued the writ was not a lawyer, but he later ruled down when the National Bureau of Investigation explained to him that technically Ferrel has a law degree and is a lawyer.

Over the murder complaint he is facing is still pending in the Office of the Prosecutor's Office for preliminary investigation.

When Ferrel was arrested in July for illegal possession of firearms, it was also classified at the level of the prosecutor's office.

While Ferrel said he would not go ahead with his case is pending, Cansino said he would not allow that he be applied for an *habeas corpus* because people who are arrested should get their case when they are in court.

When told the NBI officials in Cebu issued that Ferrel has an criminal record, Cansino got angry.

Ferrel said he did not plan to

leave but wanted a clearance because he planned to look for a job and a document of working abroad.

Cansino said he was satisfied with Ferrel's statement that the NBI would not release Ferrel while the case is still pending.

NBI officials said they were not identified Ferrel as the person who committed Yongco's slaying.

A girl was reported as saying the woman who was killed was the one who was the target of the slaying.

Ferrel is a member of the Philippine Revolutionary Movement Association which is headed by Roberto Solano Jr., which was accused of the killing of the wife. Yongco was the private prosecutor of the case.



PHOTO BY JUAN CARLOS LACUNA FOR THE INQUIRER

PHOTO

A commotion broke out on the floor of a workshop area at the Oshika Port in Iloilo City as a rioter was a rioter in the workshop along with a number of others who were being held by the police.

MILF says it's loyal to truce

CEBUDO CITY—The Moro Islamic Liberation Front (MILF) on Sunday announced its support of the international community from that it has been "unofficially" holding talks with the government.

The group, led by Sultan Muhammad, said it was a member of the MILF Council Committee that included MILF's chief for political affairs, General Abdul Wahid, and MILF's chief negotiator and attorney, Atty. General.

It was the first formal meeting between the government and the MILF's chief negotiator.

"They said 'the MILF has decided to work together with the government in Mindanao,'"

"We would like to assure you that we are not in the process and that the MILF is determined to work together through peaceful means,"

He said that the MILF is now working on the ground in Mindanao.

The MILF is not a political party but a group of people who are working for the peace in Mindanao.

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3 workers die in Cebu fire

By **Joanna Magallanes**
PIF/Philippine Bureau

CEBUDO CITY—Three workers of a Galileo jewelry shop in Barangay Lapasan here were killed in a fire that broke out in the shop.

The Cebu City Fire Department (CCFD) identified the victims as Roberto Rodriguez, 39, of Cebu City; Roberto Rodriguez, 39, of Cebu City; and Roberto Rodriguez, 39, of Cebu City.

The victims were among the 14 who were working at the Galileo Jewelry Shop, owned by Roberto Rodriguez, located in Lapasan, Cebu City.

The fire broke out at 11:30 a.m. on Sunday. The fire broke out at 11:30 a.m. on Sunday.

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BUSINESS

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BPI in talks to acquire Prudential Bank

By David C. Dundon and Elizabeth L. Sanctor

THE COUNTRY'S second biggest lender, Bank of the Philippine Islands, is negotiating to acquire the American Prudential Bank, the first potential acquisition of a U.S. bank in the Philippines.

Prudential Bank's parent told the business that the offer to acquire the bank was among those being considered by the bank's board. The bank is a subsidiary of Prudential Financial, a New Jersey-based financial services company. The bank is a subsidiary of Prudential Financial, a New Jersey-based financial services company. The bank is a subsidiary of Prudential Financial, a New Jersey-based financial services company.

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"We're looking at several banks, in fact, not just banks but financial institutions," says a Prudential spokesman. "We're not looking at any one bank in particular."

The spokesman says that Prudential is not looking for a bank that is a subsidiary of a U.S. bank. He says that Prudential is not looking for a bank that is a subsidiary of a U.S. bank. He says that Prudential is not looking for a bank that is a subsidiary of a U.S. bank.

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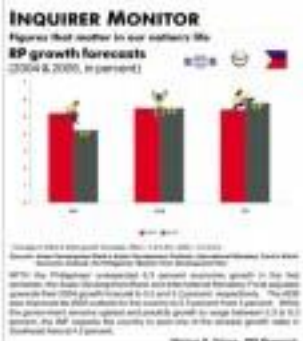
Range-bound trading seen
Stock trading volume fell as investors stayed on the sidelines. The market is expected to remain range-bound in the near future. The market is expected to remain range-bound in the near future. The market is expected to remain range-bound in the near future.

Korean-led group to buy 4.9% Malampaya stake

By Abigail L. Igo

PRUDENTIAL Financial Co. Inc. is in the final stages of negotiating to acquire a 4.9 percent stake in the Malampaya Deep Water Gas-to-Liquid project in Palawan. The project is a joint venture between Prudential and a Korean-led group. The project is a joint venture between Prudential and a Korean-led group. The project is a joint venture between Prudential and a Korean-led group.

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Editor Chelo Banao-Fernandez

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY 18U • THURSDAY FOOD • FR



Illustration by [Name]

Why exercise injuries occur

NO matter how fit, how experienced and how careful you are, you may still get injured while exercising.

There is always some risk of injury in any activity that shows an injury can run from an exercise enthusiast into a disaster, it is important to know how to prevent yourself and prevent injuries.

Prevention is far simpler than treatment. Rehabilitation can be long, tedious and expensive.

Injuries that occur suddenly, like a sprained ankle or pulled muscle, while those that take time to develop, like shin splints, are considered chronic. Chronic injuries begin as mild aches and pains but get worse if ignored.

The body adapts to the stress of exercise by becoming stronger and fitter. This is the training effect. However, too much stress before the body has adapted can cause a breakdown that may lead to an injury.

WELL AND GOOD

Tina Juarez



Exercise unsuitable to your anatomy or fitness level

If you have physical limitations, like knock knees or overly tight calf muscles, you can develop heel and knee problems if running race is your primary form of exercise. Some people can skip rope every day for the rest of their lives without problems, while others can develop ligament in a short time. It all depends on your body structure.

Improper exercise technique

Any poor exercise technique can harm your joints or muscles even if you are fit and

healthy. Jerking or snapping the elbows and knees while boxing and kicking can lead to joint injury. Using yoga or Pilates with poor technique can also cause problems.

Poorly designed equipment

No matter how good your exercise technique is, if the machine you are using is not designed properly, you can still get injured. Inactive your body may be forced to maintain a machine's unnatural position. For example, poorly designed treadmills on a strength machine can force your wrists into a position of stress as you lift the weights.

Inappropriate footwear

Different sports and fitness activities require different shoes. Running shoes are designed for forward motion and are not appropriate for tennis, skiing and lateral activities. You also have to consider your shoe's age. Shoes with worn-out cushioning, even if

Barangay workers learn new, nutritious recipes

REGIONS 7 held recently its first regional barangay nutrition, athletic conference and 2004 regional awarding ceremony with Agri-Science as event sponsor.

Barangay nutrition schools from Cebu, Iloilo, Region 5 and Region 7 met at the Cebu Business School to discuss effective ways of delivering nutrition and health services to their communities.

Participants got an update on the nutritional status of Region 7, as well as a lecture on barangay feeding and complementary feeding. The Agri-Science Cooking Phase showed recipes that are nutritious, delicious and low-cost during the 10-hour cooking demonstration.

Participants also made up-trending meal-plans for the National Nutrition Council's (NNC) programs and projects. The activity was led by Director Patricia Medina of the Region-

7 Regional Nutrition Committee and NNC.

Agri-Science also conducted the barangay cooking lecture forum at the Department of Education Training Center in Malabon. The forum taught 150 barangay nutrition workers how to make low-cost and more delicious food for children and adults.

The lecture was conducted in cooperation with the Philippine Association of Nutrition Clubs (PANC) and the President's Nutrition Office.



Lose fat, stay fit

NUTRAFIT, an herbal dietary supplement, is designed to help you lose excess weight without draining the energy needed every day.

It contains green tea, ginseng, L-carnitine

and chromium picolinate. Nutrafit is supported by proven fat metabolism, regulates the appetite, and also facilitates gradual loss of weight from fat.

Nutrafit is available in all Almayor Drug centers in Metro Manila.

Why exercise injuries occur

Freemance C.

apparently, will not offer full protection.

You stretch, too soon

If you have been sedentary for some time, any vigorous and advance type of exercise is suddenly because your body does not have enough time to adjust to the rigors of the workout. Doing "too much, too soon" is a sure way to get hurt while exercising.

You stretch a good thing

Constantly doing the same type of exercise can cause an "overuse" injury. It's like wear and tear on the same spot for years. Eventually, the chips of wear can leave a hole even through the skin. If you keep putting the same stress on the same area, the same muscle and joints, even if the exercise is good, you can still be injured.

Movement, that is too fast

Now few people can move fast while exercising and still have perfect control of their body. Many end up stumbling down holes all over the place or slipping on the same. Something has to break the

momentum created by taking shortcuts. That something will be the broken ligaments or muscles.

You heavy weights

Weight lifters are not heavy because their muscles and joints. Proper technique operation is also essential. Lifting that shouldn't be lifted, try to help lift the weight and then get to good technique.

A big ego

It is not a secret to get you injured in some way. An overconfident person who does not slow down in an intense or strenuous, even if the training is hypercritical because that is too good or what else isn't as fit as he claims to be.

Another example is the middle-aged man who insists on lifting a hundred of the same weight as what he carried in college.

Not warming up or cooling down

Blood pressure and heart rate can rise rapidly without a proper warm-up

and drop too sharply without a proper cool-down. This can lead to cardiac complications. Muscles and joints warmed up by low intensity movement perform better and are less likely to be injured.

Not stretching

Flexibility training is missing in the fitness programs of many people. When people are rushing, stretching is usually left out. Without regular stretching, many people develop tight spots in their bodies. This creates an imbalance that can lead to injury when the body is suddenly forced into certain positions.

Not strengthening the muscles

It is not enough to do cardiovascular exercise like running or swimming. Some form of strength training is still needed. By lifting weights or pulling on exercise rubber bands to keep the muscles strong, strength cardiovascular activities become easy for the heart and legs, but their upper body and torso muscles can still be weak. Weak muscles are more prone to injury.

Not getting a doctor's clearance

Many people with hypertension or diabetes will begin a vigorous exercise program without the knowledge of their physician. Generally, low intensity means the walking program is for most people, but a vigorous game of tennis is not something a person with medical conditions should be attempting without first getting permission from their doctor.

Exercising mindlessly

Just proving, exercising is what you are doing can lead to injuries ranging from sprained ankle to a pulled muscle. Keeping your mind on your exercise will not only prevent injury but will also help you make the most of your time exercising.

The Association of Fitness Professionals of the Philippines will hold its national convention, Nov. 28-29. For details, call 811-8182-1512.

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EXERCISE OF THE WEEK

Single leg bridge



THIS exercise builds and strengthens the hamstrings and hamstrings (back of the thighs).

How to do it

1. Lie down with one leg bent, foot flat on the floor, the other leg bent.
2. Tighten abdominals and lift weight leg as much as you can. The foot flat on the floor.
3. Push legs up by pressing back on the floor with the foot of the bent leg, and by squeezing the hamstrings and back of the thighs. Do not lift the straight leg too high. It is to be pulled up together with the legs.
4. Hold for eight slow counts. Breathe continuously.
5. Slowly lower to the floor. Repeat with the other leg.

Performance tips

1. This is an advance exercise. You can start out by bending both legs and keeping both feet flat on the floor.
2. As you get stronger, do it with one leg straight.
3. To make the exercise a little easier, hold the weight leg directly above the hip instead of above the knee.
4. Be sure to tighten abdominals before you lift the straight leg a few inches off the floor. Continue to maintain the tightness of the abs all throughout the exercise. Do not allow the lower back to sag.
5. Do not hold your breath while holding the position for eight counts.

Repetitions

Holding the position for eight slow counts each side once or twice is a good start.

LIFESTYLE



Y. A. IZRAELI¹ M. S. BULGARIN, K. A. KOSLOVA
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CGO's company Jacques Desjardins, Cynthia Martin, Tony Harris, Ivy Martin, Paul Marcotte and Thomas Lee Jost, GPO of RDS-CBM Publishing



Figure 1



EURYM features and body of
 100,000. 100,000 entries in
 the 100,000, with
 popular culture
 books and movies.



2001 HFI Award: Clara Fries with H. David Fries, H. David Fries and Ambassador Clara Fries, H. David Fries and Clara Fries



FORMER luxury-goods Purty Monstache (second from right) is Mr. Bibe, with here Commercial Randa's senior sales manager Angela Soriano and executive assistant manager for finance and business support Francis Compaogon and wife, Anne Compaogon.



JONES, Gregory N. and James D. Tingi with JACOM HP
Lorraine Tindell and Freda Dillner: Institutionalized Parents: How



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LIFE STYLE

Your food can make you sick

By Delfo Y. Biondo

WHAT'S in your food? CH Med Asia, an Institute for healing and integrative medicine, warns people to keep that question in mind every time they eat.

CH Med is trying to raise public awareness on food contaminants as part of its campaign to highlight the importance of health and prevention of illness.

It focuses on exposure to foods which, according to recent health studies, can cause short and long-term health effects—often passing to others.

Mycotoxins are poisonous chemicals produced by molds growing on food derived from both plants and animals. "The moldiness or rotting in fungus that produces toxin. A popular type of mycotoxin is aflatoxin, commonly found in peanuts, which can cause cancer," says Dr. Christine Ishida, general practitioner at CH Med.

Scientists also use aflatoxin as one of the most potent, cancer-causing substances. It has also been linked to various cases of human health problems and known to cause hepatitis and cirrhosis of the liver.

The cancer-causing aflatoxin is a list of "mycotoxin foods," or those at risk of fungal contamination. It includes grains, alcoholic beverages, rice, wheat, barley (another grain that can be damaged by drought, floods, harvesting and storage practices), sugar (sugar cane and sugar beets), soybean (used in a variety of food-based products and production of soybean beverages), peanuts, rice, nutmeg (typically available in oil form) and food chains.

Storage

CH Med practitioners say evidence suggests improper drying and storage practices may produce mycotoxins. Drying is of particular concern since most foods are commonly stored over a long period of time, increasing the risk of fungal contamination.

"It is important to consider proper storage from harvest up to the time the food is kept, stored and consumed," says Dr. Francis Peling, family physician at CH Med. He stresses the need for proper ventilation.

On food tags, specific instructions should be for the use of improved grain stocks. Consumers, on the other hand, should keep in mind information like date of purchase and consume carefully how a product looks. If they can, they should also find out how it is stored.

"Exposure to even small amounts of mycotoxins over extended periods of time may lead to a wide range of illnesses," says Dr. Peling.

Aside from their potential to cause cancer, mycotoxins may also damage the central nervous system. Diseases associated with the contaminants include liver cancer, chronic hepatitis, leukemia and other related diseases.

Ingestion of mycotoxins, combined with pollution, unhealthy diet and lifestyle, will make exposure more vulnerable to diseases.

Lifestyle

CH Med emphasized the need to have a healthy lifestyle—doing things to maintain it, having a balanced and varied diet to ensure you get adequate supplies of essential nutrients, lots of green fruits and vegetables for antioxidants and vitamins, physical activities, avoiding stress like smoking and drinking, and regular check-ups.

Since preparation may affect the retention of some nutrients of a specific food, Dr. Ishida says steaming or boiling of food is better than frying. During harmful saturated fat or grilling.

"The problem with society now is it gives more value on appearance to the appearance of food and more care in our food value and safety," says Dr. Ishida.

People are preoccupied and valuing to make food more appealing and attractive. A lot of salt, sugar and lipids (fats) are added to make the product bigger and prettier, and we pay the price," she adds.

It's important to eat whole, fresh, unprocessed foods (not fat). They contain all the vitamins, minerals and other nutrients in abundance. They don't contain additives, preservatives or coloring.

CH Med also promotes organic food since they are more resistant to diseases.

Detoxification

Detoxification treatments will help ease some of the harmful effects of environmental pollution and toxins.

"We pay a lot of attention to the individual needs of every person. I tend put together a Personal Treatment Program (PTP) that fits them," says Dr. Peling.



PREVENT Improper drying and storage practices may produce mycotoxins in food.

